

Summary Table for East Central District Health Department 2009-2010

Indicators	Overall						Men						Women					
	LHD			State			LHD			State			LHD			State		
	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %	%	L %	U %
Health Care Access																		
No health care coverage, 18-64 years old	18.3	14.8	21.8	15.8	14.6	17.1	19.9	14.6	25.2	16.6	14.7	18.4	16.5	12.1	20.8	15.1	13.4	16.8
Could not see a doctor in past year due to cost	8.5	6.6	10.4	10.9	10.0	11.7	4.6	2.6	6.5	9.2	8.0	10.4	12.5	9.4	15.7	12.5	11.2	13.7
Visited a doctor for a routine checkup in past year	56.4	53.1	59.6	58.0	56.8	59.3	50.7	45.5	55.9	51.3	49.4	53.2	62.0	58.1	65.9	64.5	63.0	66.1
Cardiovascular Disease																		
Ever told had a heart attack	4.6	3.7	5.6	3.7	3.4	3.9	6.0	4.4	7.7	4.9	4.5	5.3	3.2	2.2	4.2	2.5	2.2	2.7
Ever told had angina or coronary heart disease	3.8	2.9	4.6	3.9	3.5	4.2	4.9	3.4	6.4	4.6	4.2	5.0	2.6	1.7	3.5	3.1	2.7	3.6
Ever told had a stroke	2.3	1.7	3.0	2.3	2.1	2.6	2.8	1.7	3.9	2.3	1.9	2.7	1.9	1.1	2.6	2.4	2.1	2.7
Ever told blood pressure was high	26.6	23.2	30.0	27.1	25.9	28.4	24.8	19.6	30.0	29.0	26.9	31.1	28.5	24.2	32.8	25.3	23.9	26.7
Had cholesterol level checked during past 5 years	70.2	65.4	75.0	73.9	72.1	75.6	65.8	58.1	73.6	72.0	69.3	74.7	74.7	69.4	80.0	75.7	73.4	77.9
Ever told cholesterol was high, among not screened	39.0	34.7	43.2	37.4	35.8	39.0	38.8	32.0	45.7	39.7	37.1	42.3	39.1	33.9	44.3	35.3	33.4	37.2
Overweight and Obesity																		
Overweight (BMI=25.0-29.9)	39.8	36.6	43.1	37.0	35.8	38.1	46.8	41.6	52.0	43.6	41.7	45.4	32.6	28.9	36.2	30.4	29.0	31.8
Obese (BMI=30+)	29.5	26.6	32.5	28.1	27.0	29.1	32.4	27.7	37.1	30.4	28.8	32.1	26.6	23.0	30.1	25.7	24.4	27.0
Fruit / Vegetable Consumption																		
Consumed fruits and vegetables 5+ times per day	22.3	18.9	25.8	21.1	19.8	22.4	13.9	9.3	18.5	15.7	14.0	17.5	30.4	25.6	35.2	26.1	24.3	28.0
Physical Activity (PA)																		
No leisure-time PA in past 30 days	26.9	24.0	29.8	24.5	23.5	25.4	25.6	21.2	29.9	23.1	21.7	24.5	28.2	24.5	32.0	25.8	24.5	27.1
Moderate or vigorous PA in a usual week	41.8	37.3	46.2	47.8	46.1	49.5	41.4	34.2	48.6	48.7	46.1	51.4	42.1	36.8	47.4	46.9	44.7	49.0
Vigorous PA 20+ min/day, 3+ days per week	24.3	19.8	28.8	29.7	28.0	31.4	29.2	21.6	36.9	31.9	29.2	34.5	19.5	14.9	24.0	27.6	25.4	29.8
Alcohol Consumption / Tobacco Use																		
Engaged in binge drinking in the past 30 days	19.6	16.7	22.5	18.7	17.6	19.7	25.3	20.5	30.1	25.2	23.5	26.9	14.0	10.9	17.0	12.5	11.3	13.7
Current smoker (at least some days of the month)	14.1	11.8	16.4	17.0	16.0	18.0	13.2	9.6	16.8	18.4	16.9	19.9	15.0	12.1	17.9	15.6	14.3	16.9
Attempted to quit smoking in past 12 months	57.9	49.1	66.8	56.6	53.4	59.8	53.8	38.7	68.8	54.6	49.9	59.2	61.6	51.2	72.1	59.0	54.7	63.2
Cancer Screening																		
Had a colonoscopy in past two years, 50+	10.2	8.0	12.4	11.8	11.0	12.7	11.8	8.1	15.5	13.1	11.7	14.6	8.7	6.1	11.3	10.7	9.7	11.7
Ever had a prostate cancer screening, male 50+	7.1	4.0	10.1	6.8	5.8	7.8
Had a mammogram in past two years, female 40+	73.4	68.4	78.5	71.5	69.9	73.2
Had a Pap test in past three years, female 18+	69.8	64.5	75.1	73.2	71.2	75.1

Note: % is weighted by health district, gender, and age; L% and U% are the lower and upper limits for the 95% confidence interval, respectively.

LHD=local/district health department; BMI=body mass index